



Small Steps to Get Moving

Getting enough exercise is vital to our physical and emotional health, but not all of us are born with the desire to hit the gym or treadmill. If you're feeling the need to exercise but are having a hard time getting motivated, try these small steps:

- Look for opportunities to reduce sedentary time and to increase active time. Instead of watching TV, try taking a walk or a jog after dinner.
- Schedule specific times for physical activity to make it part of your daily or weekly routine.
- Start with activities, locations, and times you enjoy. Try to organize a pickup game at a nearby court, or see if there's a sports league in your area.
- Try activities with friends or family members to help with motivation and mutual encouragement.
- Start slowly and work your way up to more physically challenging activities.
- When necessary, break up your daily activity goal into smaller amounts of time. Chop the 30-minute-a-day exercise routine into three 10-minute sessions or two 15-minute sessions. Just make sure the shorter sessions are at least 10 minutes long.

Here when you need us.

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